Session 1 Pre-Group Measures

1. Positive peer pressure is?

A: Being pressured not to participate in a risky behavior.

B: Being pressured to do something that you don’t want to do.  
C: Being pressured to break the school rules.

2. Negative peer pressure is?

A: Being pressured to follow the school rules.

B: Being pressured not to participate in a risky behavior.  
C: Being pressured to do something that you don’t want to do.

3. Which are examples of consequences of negative peer pressure?

A: Lower grades, depression, school suspension

B: Higher grades, feeling good about yourself, having a lot of friends   
C: Lower grades, more friends, low self-esteem, no trouble at school

4. Which is a current trend related to peer pressure?

A: Peer pressure leads to higher grades.

B: Peer pressure increases self-esteem.   
C: Peer pressure leads to an increase in participating in risky behaviors.

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Session 2 Pre-Group Measures

1. What are the correct steps in the SWAT Technique?

A: Stand up for what you believe in, wait before you respond, change your attitude, and take action

B: State your purpose, write suggestions, attend to your feelings, and tell someone  
C: Say no effectively, Give reasons why, suggest another activity, and talk it out

2. Which of the following is not an example of the S part of the SWAT technique?

A. No! I don’t want to get drunk.

B. I’m not sure if I want to skip school.

C. No! I don’t want to have sex with you.

3. Which of the following is not an example of the W part of the SWAT technique?

A. I don’t want to get in trouble with my parents.

B. Let’s go to the movies instead.

C. I don’t want to get an STD.

4. Which of the following is not an example of the A part of the SWAT technique?

A. Let’s go get something to eat instead.

B. Let’s go watch TV.

C. I don’t want to get in trouble at school.

5. Which of the following is not an example of the T part of the SWAT technique?

A. I don’t want to talk about it.

B. Your friendship is important to me but I need you to understand how I feel.

C. I really like hanging out with you but I can’t risk getting into trouble.

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